



照顾年老体弱或患有痴呆症的人士?

我们为谁提供帮助?

我们为照顾亲友的人士提供帮助。照顾对象可能患有痴呆症或者年龄超过65岁并且身体虚弱。

照顾对象可以与您住在一起，也可以不与您住在一起。

照顾自己

照顾他人时，您可能没有足够的时间照顾自己。这可能会使照顾亲友更加困难。

休息一下或者有一点自己的时间，这对您和照顾对象都可能的好处，这叫做暂息。

不同的暂息服务可能包括：

- 工作人员来您的家里，在短时间内照顾您的照顾对象。暂息服务可以让您有一些时间放松一下或者外出。
- 工作人员带您的照顾对象出门参加有意思的活动。
- 让您的照顾对象在院所照护环境中过夜或呆上更长时间。

我们如何提供帮助?

- 我们聆听您的心声并且与您交谈
- 我们可以安排暂息服务并可能帮助支付费用
- 我们向照顾者小组提供相关主题的信息
- 我们提供有关老年人护理环境中适当暂息服务的信息
- 我们向您提供可能有所帮助的其他服务机构的信息
- 我们可以向您介绍照顾者支持小组，让您能够结识处境相似的其他人士
- 我们可以上门拜访您(并在需要时安排口译员)

维多利亚州照顾者协会

我们为住在Brimbank、Hobsons Bay、Maribyrnong、Melbourne、Melton、Moonee Valley和Wyndham等地方政府区域的家庭照顾者提供支持服务。

我们开展一系列专家计划，其中包括：养老计划、助残计划、精神健康计划、Carers@Work和青年照顾者计划。

若要了解更多情况，请致电(03) 9396 9550。

若需要口译，请致电131 450。

Chinese

Caring for someone who is frail aged or has dementia?

Who do we help?

We help people who are caring for a relative or friend. This person may have dementia, or be aged over 65 and frail.

The person being cared for may or may not live with you.

Looking after yourself

When you are looking after another person you may not get enough time to look after yourself. This can make it more difficult to care for your relative or friend.

Having a break and some time to yourself can be good for both you and the person you are caring for. This is called respite.

Different kinds of respite may be:

- A worker coming to your home for a short time to look after the person you are caring for. Respite can give you some time to relax or go out
- A worker taking the person you are caring for to an interesting activity away from home
- An overnight stay or longer for the person you are caring for, in a residential care setting

How can we help?

- We are here to listen and talk to you
- We arrange respite and may be able to help with the costs
- We give information to groups of carers on relevant topics
- We give information about appropriate respite in aged care settings
- We give you information about other services that may be able to help
- We can tell you about carer support groups where you can meet other people in similar situations
- We may be able to visit you in your own home (with an interpreter if needed)

Carers Victoria Respite Connections

We support family carers living in the local government areas of Brimbank, Hobsons Bay, Maribyrnong, Melbourne, Melton, Moonee Valley and Wyndham.

Our range of specialist programs includes: Aged, Disability, Mental Health, Carers@Work and Young Carers.

To find out more please call (03) 9396 9550

If you need an interpreter call 131 450